An emment physician says that the digestibility of finely divided meat is not sufficiently appreciated; probably no food is tolerated so well by our stomachs, for even when the gastric chemistry is deficient such food is easily got rid of and causes no discomfort. Of rid of and causes no discomfort. Of course, this applies to freshly cooked meat, not meats that are hashed or very appetizing, but if you have a weak made over into stews. Meat in "made-overs" is never as digestible as when cooked the first time.

digestion let them alone. Cut brown bread in circles, spread with butter and heat in the oven. Pound sardines to a cooked the first time,

a bit of butter on each place in a pan with an inch in depth of sweetened water, cover closely and bake. Serve

one long to remember. Our membership is deeply interested in finding out
What kind of a Committee on Pension
Legislation the National Commander
will have in carrying out the instructions of our last National Encampment.
We are also interested in the services of the coverabundant fat is entirely unnecessary box.

This soft our fat is both uncomfortable and
dangerous, but usually fleshy people prefer to
put up with its inconvenience rather than
punish themselves with the thresome exercise.

This life Atlanta,
Alby Davis, Welswing, 85th Ind., that the
Third Division, Twentieth Corps, was
first into Atlanta.

This self-sacrifice of comfort and health to
overabundant fat is entirely unnecessary box.

An eminent physician says that the and a generous half cupful of soft but-

paste, add an equal amount of finely
Here is a new apple dish. You can chopped hard-boiled eggs; season with name it yourself: Remove the centers lemon juice and Worcestershire sauce. from tart, quick-cooking apples, and Spread on the circles. Garnish each fill them with hot cooked oatmeal; put canape in the center with a circle of

water, cover closely and bake. Serve hot or cold.

For breaded mutton chops have eight lamb chops cut from the ribs, scrape the bones and trim the chops, French fashion. Broil the chops, leaving them a trifle underdone, and let them become cold. Have ready a sauce made of one tablespoonful of butter, four tablespoonfuls of flour half a teaspoon. When done cut the pudding in squares,

will have in carrying out the instructions of our last National Encampment. We are also interested in the report of the committee asked for by Comrade McElroy, in whom we have every confidence.—A. R. Gunn, 2113 Columbia avenue, Philadelphia, Pa.

New Tent Daughters of Veterans.

Mrs. Rebecca Flexer Tent, 26, Daughters of Veterans, was instituted at Beach City, O., Wednesday evening, Oct. 19. Twenty-six members were mustered in, and five or six more are to be taken in at an early date. Miss Bertha.

Martin, of Massillon, O., acted as in
Method to comfort and health to compose the first in the city, and holsted our flag on the City Hall.

Winter Reunion, 32d Mass.

The Annual Winter Reunion of the S2d Mass Veteran Association will be held at the American House, Boston, United that its for the copy of the "Soul Growth of Abraham Lincoin." It is a valuable and attractive publication, and beld at the American House, Boston, United at the American House, Boston, United that the city, and with it.—Wm. Higgins, Past Department Commander, Bartlesville, Okla.

Winter Reunion, 32d Mass.

The Annual Winter Reunion of the S2d Mass Veteran Association will be held at the American House, Boston, United that the same time to composite the city, and thouse down flag on the City Hall.

With it.—Wm. Higgins, Past Department Commander, this is entirely unnecessary, however, as the first in the city, and the same time to you fast our flag on the City Hall.

With it.—Wm. Higgins, Past Department Commander, the is at the city, and the post of the same time to you for the with its down the city Hall.

With it.—Wm. Higgins, Past Department Commander, the is at the city, and the with its down the city Hall.

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With it.—Wm. Higgins, Past Department Commander, the is at the city and the post of the Sat Hand Hoyace Past Department Commander, the city Hall.

With it.—Wm. Higgins, Past Department Commander, the is at the city, and the l

Free To Every **N**oman

We Are Spending \$50,000 In Giving Medical Treatment Absolutely Free To Suffering Women

Send Us Your Name and Address Today.

Don't Close Your Eyes, Ears and Mouth, and Continue to Suffer. Send Your Name and Address to Us and See Your Name and Address to Us and See if You Cannot Be Relieved and Be Made Happy and Well as Thousands of Others Have Been.

THE MEXICAN INSURRECTION.

President Diaz's Wonderful Exhibition of His Strength in Crushing the Reb-

The Mexican insurrection seems to have had it day, and President Por-firle Diaz has made another wonderful exhibition of his strength. No man in the recent history of the world has made such an astonishing record as a law giver and rules. From a very inlaw giver and rules. From a very interesting and timely biography of the President, by Jose F. Godoy, published by G. P. Hutnam's Sons, New York, we learn that Porfirio Diaz was born Sept. 15, 1836, at Oxaca, of respectable Spanish parents, and carefully educated by his mother, who intended that he should be a priest, but he was determined to become a lawyer. At the time of the American invasion of Mexico Diaz volunteered, but was not put into Diaz volunteered, but was not put into the field. He graduated under Benito Juarez, who became afterwards President of the country. He sided with the Liberals against the Clericals and Conservatives, and actually took up arms in one of the ill-advised rebellions against the atronger party. This was a short-lived war, and Diaz was compelled to seek safety in flight. The war was soon resumed with better prospects; Diaz became distinguished for his energy and courage, and this time his party was successful. He was appointed subprefect of one of the disappointed subprefect of one of the dis-tricts of his State, but it was necessary for him to take command in the field, for him to take command in the held, for his enemies were in continual up-rising. He took part in all the subse-quent fighting, and by the time of the French invasion had risen to the com-This Roady

This Roady

The Roady mand of a brigade. With this he won several brilliant victories, but the French power was too much for him. this proposed in flower half a composed for flower half a composed for solt and pepper and one could of event much the history of the half a composed for solt and pepper and one could of event the could be sold in growing of the holes of the county of the county of the county of the holes of the sold in the county of the county of the holes of the sold in the county of the county of the sold in the county of the sold in the county of the county of the sold in the county of the sold He was captured and made a sensation-al escape and joined President Juarez

booklet on the "Soul Growth of Abra-ham Lincoln." It is a gem and treas-urable to have, and I am more than thankful to you for remembering mo with it.—Wm. Higgins, Past Depart-ment Commander, Bartlesville, Okla.

Martin, of Massilion, O., acted as instituting and installing officer, assisted by members of Mrs. Maj. McKinley is sure to be found eminently satisfactory.

at heddime Mrs. Bigger, as is well known, is a famous little pamphlet and accompanied with a little pamphlet and accompanied with a chronology of the war.

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by members of Mrs. Was in the difference of the manufactory and distribute samples: big manufactory and distribute samples: big manufactory.

by members of Mrs. Maj. McKinley is sure to be found eminently satisfactory.

I AM NOT AFRAID



Can Eat All I Want to Now. Safe Because I've Read the ADLER-I-KA BOOK.

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Have you wind on the stomach, sour stomach, constipation, nausca, heavy feeling after eating or any other bowel or stomach trouble? Then you are almost sure to get a sudden attack of the treacherous Appendicitis at some time when you least expect it.

Do you want to get INSTANT relief from all your bowel and stomach trouble? To be positively safe from Appendicitis? So you can eat anything you want and as much as you want without ever giving Appendicitis a thought?

Then write your name below, enclose 2-cent stamp, and you will get the ADLER-I-KA BOOK entirely free. It's different from any book you ever saw; it tells what only few doctors know; it will surprise and astonish you. It shows many curious pictures and tells how you can INSTANTLY relieve bowel or stomach trouble, how Appendicitis is caused, how it can be cured without operation and HOW YOU CAN EASILY PREVENT IT. You wouldn't take \$10.00 for what you will learn from this book—yet it's free You wouldn't take \$10.00 for what you will learn from this book—yet it's free for a 2-cent stamp. Address; Addreska Co., Dept. 26, St. Paul, Minn.

St. Cloud, Osceola Co., Florida.

Perkins & Frisbie, Managers.

This new brick hotel of 72 rooms has all modern conveniences. St. Cloud has already become one of the ideal resort points in Florida. Fine fishing, poating, hunting, and good roads for walking, driving and auto riding.

LINCOLN'S Handwriting bought. Cordelia with the regiment in 1865 as Lieuten-ant-Colonel. He was elected to several washington, D. C.

MUSTERED OUT.

BULL.—At Cleveland, Ohio, June 28, Norman H. Bull, Co. A. 23d Ohio, aged 62 years.
EVANS.—At his home in Wilhelm, lows,
July 4, William H. Evans, Co. G. 50th Ill.,
aged 67. He is survived by his widow
ASHLEY.—At Danville, Ill., April 12, 1889,
James M. Ashley, Co. L., 1st Ky. Cav., aged
66 years. He was Past Commander of Kenesaw Post, 77.
SHEDD.—At Danville, Ill., Sept. 19, 1909,
William E. Shedd, Co. C, 15th Ohio, aged 62
years.

SHEDD.—At Danville, Ill., Sept. 19, 1999.
William E. Shedd, Co. C. 15th Ohlo, aged 62
years.

DEAMUDE.—At Danville, Ill., Nov. 7,
1960. Daniel Clark Deamude, Co. D. 35th
Ill., aged 69 years.

SANBORN.—At his home in Scattle.
Wash., July 5, George P. Sanbora, 15th Vt.,
aged 31 years. He is survived by his widow.
ZIMMERMAN.—At Pittsburg. Pa., June
30, Jacob Zimmerman, Co. H, 5th Pa. Art.,
aged 67 years. He was a member of Col.
Childs Post, 230, and is survived by his
widow and two daughters.
HAVENS.—At Higginson, Ark., July 5,
J. B. F. Havens, Principal Musleian, 81st
Ind., aged 74 years. He is survived by his
widow.

ROMANS.—In Scott City, Kan., July 1,
Junes Lytle Romans, Co. F, 83d Ill., aged
70 years. He is survived by his widow and
four children.

DOCKMAN.—At Lapeer, Mich., July 5,
Heman Dockman, Co. I, 14th Mich.

HOTE.—At the Mantana Soldiers' Home
at Columbia Falls, Mont., June 29, Robert
Hote, First Sergeant, Co. H, 2d N, J. Anyone knowing the address of his widow. Susan
A. Hote, and William Robert Hote, will
please notify them of his death.
WHITE.—At his home in Marysville, Mo.,
Aug. 21, Hon, D, C, White, 15th Pa., aged
68 years.

HUNT.—At his bome in Mount Vernon,

Aug. 21. Hon. D. C. White, 15th Pa., aged 68 years.

HUNT—At his home in Mount Vernon, N. Y. Aug. 12. Stephen Pell Hunt, 8th N. Y. H. A., aged 81 years. He was a member of Farnsworth Post, 170.

VANCE—At Cedar Rapids, Iowa, Aug. 29, Sergit Willis Vance, Co. G. 24th Iowa. He was the pilot on the J. W. Cheesman that ran the blockade at Vicksburg.

LORING—At Concord Junction, Mass., July, 1910. John Loring, 5th Mass. and 2d Mass. Light Horse Artillery, aged 71 years. He was a member of Old Concord Post, 180.

PETERS—At Omaha, Neb., Aug. 1910.

S. S. Peters, 2d Ohio, aged 63 years. He was a newspaper man and a member of the G. A. R.

YULE,—At a sanitarium in Salida, Colo.,

thanks The National Tribune for all that it has said.

Death of Col. L. O. Gilman.

There was a very large attendance at he funeral of Col. L. O. Gilman, at

Belvidere, Ill., Nov. 17. The services at the grave were conducted by the Belvidere Post, George A. Robinson, Acting Commander, and Hon. Robert Childs, who served under the Colonel, making an address. Col. Gilman was born in Canada in 1831, but was living in Illi-nois when the 15th Ill. was organized, and promptly enlisted in it. He rose thru all the grades until he came home

YOUR HEART



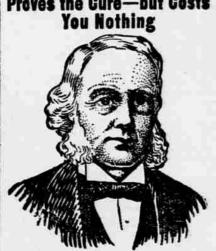
Does it Flutter, Palpitate or Salp Beaus? Have you Shortmess of Breath, Tendermess,
Numbress or Pain in left side,
Dizziness, Fainting Spells,
Dizziness, Fainting Spells,
Spots before eyes, Sudden
Starting in sleep, Nervousmess, Nightmare, Hungry or
Week Spells, Oppressed Feeling in chest, Choking Sensation in threat, Painful to lie on left side, Cold
Hands or Feet, Difficult Breathing, Dropay,
Swelling of feet or ankies, or Neuralgia
around heart? If you have one or more of the
above symptoms, don't fail to use Dr. Kinsman's
Celebrated Heart Tablets which have made so
many marvelous cures. Not a secret or "phtent"
medicine. One out of four has a weak or diseased
heart. Three-fourths of these do not know it, and
thousands die who have been wrongfully treated
for the Stomach, Lungs, Kidneys or Nerves,
Don't drop dead like hundreds of others when
Dr. Kinsman's Heart Tablets will cure you.

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FREE TREATMENT COUPON Any sufferer mailing this coupon, with their name and P.O. Address, to Dr. F.G. Kinsman. Box 924, Augusta, Maine, will receive a box of Heart Tablets for trial, by return mail, postpald, free of charge. Don't risk death by delay.

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to you without it costing you one penny—that
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which gives instructions on how men are successfully cured at home. Write NOW—but send NO
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Please send me, absolutely free, your full dollar treatment for same, and also your book which tells how men can treat themselves successfully at home.

offices of honor and trust by his neighbors, among them being Sheriff and Mention National Tribune when answering County Treasurer. He also served as